



Bike Smart Hammond!, funded by the Alexandria Health Department's Cardiovascular Health Project, is an innovative Physical Education unit that begins this spring at Francis C. Hammond Middle School.

Learning to bicycle proficiently and safely is the goal. Students will also enhance their decision-making skills & increase their self-esteem.

Proper bicycling and bike safety are important keys to children's health and safety.

Community co-sponsors include the Alexandria Be Safe Coalition, Spokes Etc., Tech Painting Company, and seven individuals who will serve as mentors.

The Alexandria Health Department and Alexandria City Public Schools will kick off **Bike Smart Hammond!** on Thursday, May 1, 2003, at 10:00 a.m., at Francis C. Hammond Middle School gym, 4646 Seminary Road, Alexandria, VA.

For more information on **Bike Smart Hammond!** or the Alexandria Health Department's Cardiovascular Health Project, contact Rachael Kennedy at 703-838-4400 X271, or by email at rkennedy@vdh.state.va.us